

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre – September 2019
Transcription from Audio Recordings

File 6a – Thursday morning guided meditation

So we're getting towards the end of this retreat. There might be a temptation to either slow down a bit, let off the pressure, or become desperate. But just keep things as stable as possible. Put everything into it without pushing. But when you know you've only got a couple more days you might feel more motivated to put everything into it. Everything that you do, you do for this.

And what do you have to lose? Nothing really because you don't have anything – you think you do. You hang onto your past, who you are. You don't want to be who you are but you don't want to let it go because it's someone that you know. So don't hate yourself but see that who you think you are is not really who you are. Nothing is fixed – nothing. So there's no point trying to attach to anything. There's no security in thinking. You can't think your way out of death.

So really the main thing you need to do is keep going. Never give up. And just be patient. It will take as long as it needs to take. And you won't be sorry that you did this, you won't be sorry about anything anymore.